

Safe Food Handling GUIDELINES

Safe Temperatures

Cook to safe internal temperatures.
Recommended internal temperature:

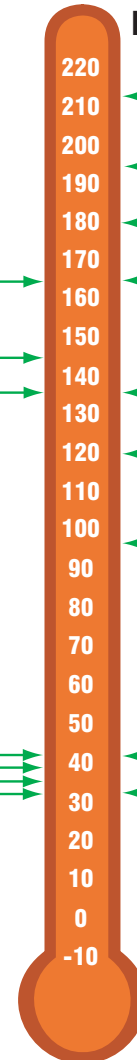
Poultry 165°F
Ground beef at least 157°F
Pork at least 145°F
Eggs at least 145°F
Microwave cooking at 165°F

Danger Zone =
Greater than 41°F to less than 135°F
Ideal temperature range for bacteria
reproduction and growth.

41°F - Thaw frozen foods at this
temperature. Set refrigerator between
35° - 41°F to ensure proper food
temperature.

Store frozen foods below 32°F.

Always use an accurate thermometer
to check food temperatures.



Fahrenheit

212°F - Water boils at sea level.

180°F - 195°F - Required for non-
chemical sanitizing dishwashers.

165°F - Most bacteria are killed.

135°F - Minimum hot-holding temperature.
Includes ready-to-eat and buffet style.

120°F - Minimum hot water temperature
in a food facility.

98.6°F - Body temperature.

41°F - Maximum cold holding
temperature.

32°F - Water freezes.

*Adapted from Southern California Gas Company
and County of Los Angeles Environmental Health*

